

## Eastern Illinois University The Keep

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The Chat Room (CEPS Newsletter)

Administration & Publications

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# The Chat Room, Vol. 35

Eastern Illinois University

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# The Chat Room

College of Education and Professional Studies Newsletter

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## New ELE Study Abroad Destination: India



*EIU students and faculty visited the Taj Mahal at Agra, as part of a two week study abroad trip to India.*

July 28th marked the first time students and faculty from Eastern Illinois University's Office of Study Abroad embarked on a trip to India.

Dr. Kiran Padmaraju, an associate professor in the Department of Early Childhood, Elementary and

Middle Level Education at Eastern, and the facilitator for the trip, said the two week excursion was made possible three years ago by a \$4,000 study abroad grant.

Padmaraju, a native of India, had the idea for the study abroad trip as a way for future teachers to

*Continued on page 2*

# Scholarship Recipients Spring 2014

## CEPS Dean's Office

**Tonia Bishop, Rebecca Cloud,  
Tia Cowger, Logan Ferguson,  
Leana Gardner, Samara James,  
Amy Koebele, Chad Leitch,  
Adrienne Ochs, Sarah Rauch,  
Joseph Stambaugh, Keegan  
Tucker, Rebecca Warfel & April  
Webb**

*Ray C. & Evelyn B. Duncan  
Teaching Scholarship*

**Amanda Ziencina & Laura  
Krieg**

*Ronald Gholson Award*

**Amy Kepp**

*Verne Stockman Graduate  
Scholarship*

**Morgan Healy**

*Dr. John Guckert Memorial  
Scholarship*

**Wenli (Joy) Yao**

*Dr. Louis Grado Scholarship  
in Education and Service*

**Kathryn English**

*Balsaar & Ruth Bubeck  
Scholarship*

**Charity Huwe & Rachel  
Riesenbarger**

*Nancy E. Henn Memorial  
Scholarship*

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## New ELE Study Abroad Destination: India



*Students gained practicum experience at Jubilee Hills Public School, in Hyderabad, India, a K-12 school that Dr. Kiran Padmaraju taught at for 14 years before coming to the United States.*

have the opportunity to see what schools are like in other parts of the world.

"I'm from India and I thought it would be good for the students to go to a place that's very different from American culture," Padmaraju said. "My belief is that future teachers should be expanding their horizons to truly become global educators."

Three students and two faculty members joined forces from July 28 to August 12 for an adventure of a lifetime, where they traveled to many famous destinations in five different cities and five different states within India. They also had the opportunity to dine with host families in order to

experience Indian cuisine and even dressed up in traditional Indian garb for a dinner at Taj Falaknuma Palace, in Hyderabad, India.

The students also gained practicum experience at Jubilee Hills Public School, in Hyderabad, India, a K-12 school that Padmaraju taught at for 14 years before coming to the United States.

"The students were assigned a mentor teacher from the school, they observed and participated in the classroom and reflected on their experiences," Padmaraju said. "They were surprised by the teacher centered learning, but were also amazed by the engagement of the students even with teacher centered learning."

*Continued on page 3*



## *New ELE Study Abroad Destination: India*

Joe Stambaugh, an elementary education major with middle school endorsement at Eastern, and one of the three students who attended the study abroad trip to India, said he did so from his desire to experience another part of the world.

"I have always wanted to explore the world and see what was out there," Stambaugh said. "It just happened that the education department was offering the opportunity and I said 'Sign me up!' India was a place that I had no idea what to expect and that just made it even more attractive as an option."

Stambaugh said he couldn't pick out just one part of the trip that was his favorite because all of the places he visited in India stood out.

"Just going somewhere different in the world and to see all of its beauty and everything it had to offer was my favorite part," Stambaugh said. "I honestly loved everything about the trip even the 16 hour plane flight."

Padmaraju and staff members in the Office of Study Abroad are already planning the next trip to India for summer 2015. Padmaraju said it's also open to teachers in the Coles County area.

"It's a life changing experience," Padmaraju said. "If you have ever dreamed about going to India, this is the trip for you."



*Those who attended the study abroad trip to India had an opportunity to see the Golden Temple in Amritsar. The Golden Temple is considered the holiest place for Sikhs, a religious group in India.*



*Joe Stambaugh, one of the three students who attended the study abroad trip to India, is pictured in this photo receiving a traditional Indian welcome at Chokhi Dhani, a resort built like a rural village in Jaipur.*

*Scholarships continued from  
Pg. 2...*

**Charity Huwe & Rachel  
Riesenbarger**

*Nancy E. Henn Memorial  
Scholarship*

**Nicole Ohnesorge**

*Lincoln, Florence, & Bonita  
Woodyard Education  
Scholarship*

**Counseling & Student  
Development**

**Kelsey Brandt**

*Distinguished Graduate  
Student Award*

**Sally Adams, Brittany Arthur,  
Gwi Chun, Megan Eshleman,  
Rebecca Eskew, Aaron Hale,  
Young Kwon, Haley Madlern,  
Regina Maj, Rob McKinney,  
J. Adriane Moody, Keri  
Offenstein, Vanessa Payne,  
Sarah Puchalski, Amanda  
Rice, Margaret Schwartzkopf,  
Alyssa Swan, Holly Westjohn  
& Rebecca Williams**

*Williams Travel Grants*

**Merry Lucas**

*Thesis Award Winner*

**Alyssa Swan & J. Adriane  
Moody**

*Distinguished Graduate  
Student Awards*

**Taylor Alba**

*Frances Meyer Hampton  
Scholar*

## CEPS Alum finishes Ultramarathon



Rob Ulm, pictured on the left, ran with an entrant from New York City, pictured on the right, during the Badwater 135 Ultramarathon. 24 states were represented along with another 24 countries.

Ever since Jefferson Elementary School principal Rob Ulm, heard about the Badwater 135 Ultramarathon 10 years ago, he made it his mission to one day compete amongst top athletes at the globally recognized “world’s toughest foot race.”

That day came on July 21 when Ulm hit the pavement for the 135 mile, two day footrace that started at Lone Pine, California, and ended at the highest point on Mt. Whitney, in California.

“The draw for me was the challenge and was getting the chance to try something that very few people have done,” Ulm said. “I got to knock something off my bucket list.”

Only 97 runners competed at the Badwater 135 Ultramarathon, where the course covers three mountain pass ascents and reaches

up to 10,000 feet in elevation.

For 37 years Badwater 135 Ultramarathon runners had the opportunity to experience the original route, which was from Death Valley, California, to Mt. Whitney, however the famous route was moved for the 2014 race, in order for the National Park Service to go through safety assessments for athletic events. Ulm said the newly adapted course was designed to be as tough, if not tougher than its’ predecessor.

Ulm, a principal in Charleston, and an Eastern Illinois University alumnus, is no stranger to competing in marathons and has done so since high school. Ulm even grew up watching his dad compete in marathons.

“I got to watch my dad run marathons and I thought ‘I can do that,’” Ulm said.

*Continued on page 5*



## *Scholarships continued...*

**Aaron Hale**

*GSAC Scholarship*

**Alyssa Swan**

*Hamand Society of  
Graduate Scholars*

**Aaron Hale, J. Adriane Moody**

**& Margaret Schwartzkopf**  
*Research/Creative Activity  
Grants*

**Early Childhood,  
Elementary, & Middle Level  
Education**

**Kelly Cotterill & Lori York**

*CEPS Development*

**Rebecca Williamson**

*Charles & Barbara Clark  
Elementary Education*

**Joseph Stambaugh**

*Martha & Vernice Clark Memorial*

**Britny Heinzelmann**

*Coles-Douglas*

**Tiffany Wallick**

*Carol Schnick Coyle Elementary  
Teacher Education*

**Wenona Gierzynski**

*Mary L. Carrico Gaskill*

**Rebecca Williamson**

*Bryan & Adra Heise Elementary  
Education*

**Mairi Freeman**

*Thomas A. & Gail M. Higgins*

**Mary Ashley Walsh**

*Bertha G. Hoedebecke*

## *CEPS Alum finishes Ultramarathon*

The two-day ultramarathon was a family affair for Ulm, whose parents Mary Ann and Chuck Ulm, were part of his required support crew. Ulm's dad was his pacer and even ran portions of the ultramarathon with him.

"My mom has been to all of the ultramarathons that I have done (25 ultramarathons) and my dad has run 20 to 25 marathons," Ulm said.

Ulm even had a little piece of his alma mater with him to lift his spirits during the race, thanks to Dr. Tom Woodall, professor emeritus in Eastern's department of Exercise Science.

"Tom gave me an EIU pin that I wore on the back of my hat during the race," Ulm said. "It was a nice little reminder of home, the people and the community. I wanted to make them proud and not let them down."

Runners were required to finish the race in 48-hours and Ulm crossed the finish line in 44-hours, 57 minutes and 10 seconds, which

put him in 72nd place.

"The finish line was more of the goal than the place piece," Ulm said. "I could have cared less if I was second place or 92nd place –72 was fine with me."

Ulm said the footrace was hard, but what kept him going was the support of his family and friends and the drive he had to push through to the finish line.

"I knew if I didn't finish I might not have a chance to go back," Ulm said. "This was a once in a lifetime opportunity. I didn't want to let the people rooting for me down and I didn't want to let myself down."

Those involved with the Badwater 135 Ultramarathon haven't seen the last of Ulm, who said he hopes to compete again once the course is changed back to its' original form.

"I'm still intrigued by the original course, since we were not able to start at Death Valley at the Badwater sight," Ulm said.



24 hours after Rob Ulm finished the race he was greeted by family and friends in Charleston, IL. Left to Right: Rob Ulm's parents Mary Ann and Chuck Ulm; daughter Audrey Ulm; son Jackson Ulm; wife Tanille Ulm; daughter Allison Ulm; Rob Ulm; father-in-law Tim Yow and mother-in-law Patty Yow.

## *Scholarships continued...*

### **Morgan O'Dell**

*Errett & Mazie Warner Elementary  
Education*

### **Ashley Vohlken**

*Ronald A. Wilson*

### **Kimberly Lemmon**

*Carol Helwig Award*

### **Danica Norton & Kimberly Welch**

*Sabina L. McNutt & James L.  
McNutt, Sr. Education Scholarship*

### **Katie Lancaster**

*Distinguished Research/Creative  
Activity Award*

### **Regina Rusciolelli & Brittne Simpson**

*Distinguished Graduate Student  
Award: MSED in Elementary  
Education*

## **Educational Leadership**

### **Jeff Marlo & Tom Siegler**

*Distinguished Graduate Student  
Awards*

## **Health Studies**

### **Rachael Blosser**

*Carl N. Sexton Memorial Fund*

### **Alicia Heugel, Tara Stratinsky & Melany Zwilling**

*Jennifer Woods Memorial  
Scholarship*

### **Alicia Heugel & Melany Zwilling**

*Dr. Joseph W. Pankau Scholarship  
in Health Studies*

# **KSS Professor presents in Brazil**



*Dr. Jeff Willardson, an associate professor in Eastern Illinois University's Department of Kinesiology and Sports Studies, traveled to Belo Horizonte, Brazil, as the featured speaker during a six day conference called ExpoENAF - Feira de Esporte, Fitness e Saúde (ENAF Physical Activity Conference).*

Dr. Jeff Willardson, an associate professor in Eastern Illinois University's Department of Kinesiology and Sports Studies, had the opportunity to travel to Belo Horizonte, Brazil, as the featured speaker during a six day conference called ExpoENAF - Feira de Esporte, Fitness e Saúde (ENAF Physical Activity Conference).

This was the second time Willardson spoke at a kinesiology and sports studies related conference in Brazil, which was suggested by Jonato Prestes, a kinesiology professor at Universidade Católica de Brasília in Brasília, Brazil, who also served as

the audience's interpreter during Willardson's presentations.

Willardson and Prestes became acquainted after Prestes contacted Willardson regarding interest in one of his published journals.

From August 15 to 17, Willardson spoke at the conference four separate times on topics like resistance exercises, blood flow restricted resistance training and the biomechanics of lower extremity resistance exercises, among many others. Although a majority of the audience members spoke Portuguese, Willardson was able to connect with them

*Continued on page 7*

## *Scholarships continued...*

### **Melany Zwilling & Tara Stratinsky**

*Health Studies Student*

*Achievement*

### **Kinesiology and Sports Studies**

#### **Kala Crotty**

*Florence McAfee Scholarship*

#### **Anthony (TJ) Wirth & Michelle Schultz**

*Dolly J. & H. Gene McFarland Scholarship*

#### **Anthony Hallam, Courtney Cave & Cobi Christianson**

*Dorothy M. Hart Memorial Scholarship*

#### **Charles Gawle**

*Mike & Phoebe Church Scholarship*

#### **Katie Kneipmann**

*Barbara Snow Award*

#### **Laramie Immel**

*Larry J. Ankenbrand Physical Education Scholarship*

#### **Joann Wakefield**

*William H. Groves Memorial Award*

#### **Francisco Soto**

*Shannon McNamara Outstanding Student Award*

#### **Jordan Grinestaff**

*Robert W. & Laura M. Hussey Scholarship*

#### **Ann Bushur, Emily Moses, Erin Murphy, Tim Rudniski & Vanessa Killiam**

*Errett Warner Award in Physical Education*

## *KSS Professor presents in Brazil*

by utilizing PowerPoint and video presentations.

Willardson, who was the only speaker from the United States, said he enjoyed the enthusiasm those at the conference had for learning.

"The students have a passion for kinesiology and they are so hungry for information," Willardson said. "Coming from the United States where we have a lot of resources, tools and technology...they are just grateful to be able to attend the conference in their own language."

Not only does Willardson like meeting with students from different walks of life, Willardson said he also appreciates attending conferences for the opportunity to collaborate with other researchers, whom he made connections with for future research collaborations.

"It's a great opportunity to travel

and meet people," Willardson said. "They are doing a lot of things right in Brazil. There is a real prevalence with lifestyle related conditions in the United States all from just eating too much and moving too little. I don't think that's as big of a problem in Brazil--Health is a big part of their culture."

For Willardson, the conference in Brazil was not only a learning experience, but an experience he plans on sharing with his students at Eastern.

"I have this whole new outlook on teaching and the motivation to have students love the material," Willardson said. "I want to be able to be a better professor and relate better to my students."

Willardson plans on making a third trip to Brazil during summer 2015 to speak at another kinesiology and sports studies related conference.



*During his time in Brazil, Dr. Willardson, was able to meet with other researchers and conference attendees interested in the world of kinesiology and sports studies. Willardson (on the middle right) is pictured with Jonato Prestes (on the middle left), who served as the audience's interpreter.*



### *Scholarships continued...*

#### **Charles Gawls**

*Burke Family Scholarship*

#### **Carter Pruitt**

*Dr. & Mrs. Richard H. Larson*

*Athletic Training Scholarship*

#### **Marie Engeling**

*Athletic Training Scholarship*

#### **John Pogue**

*Sports Administration*

#### **Kyle Whitcher**

*Thomas Woodall Exercise Science  
Scholarship*

#### **Jessica Wilson**

*Dorothe L. Johnson*

#### **Victoria Streif**

*Exercise Science*

#### **Nathan Schwartzkopf**

*Outstanding KSS Graduate  
Student*

### **Recreation Administration**

#### **Allison Sheehan**

*Gretchen Denton Award*

#### **Taylor Gross**

*Riordan Award*

#### **Gabrielle Klein & Jessica McNeilly**

*Lefty Bryden Award*

#### **Nicole Blair**

*Dorothe Johnson Award*

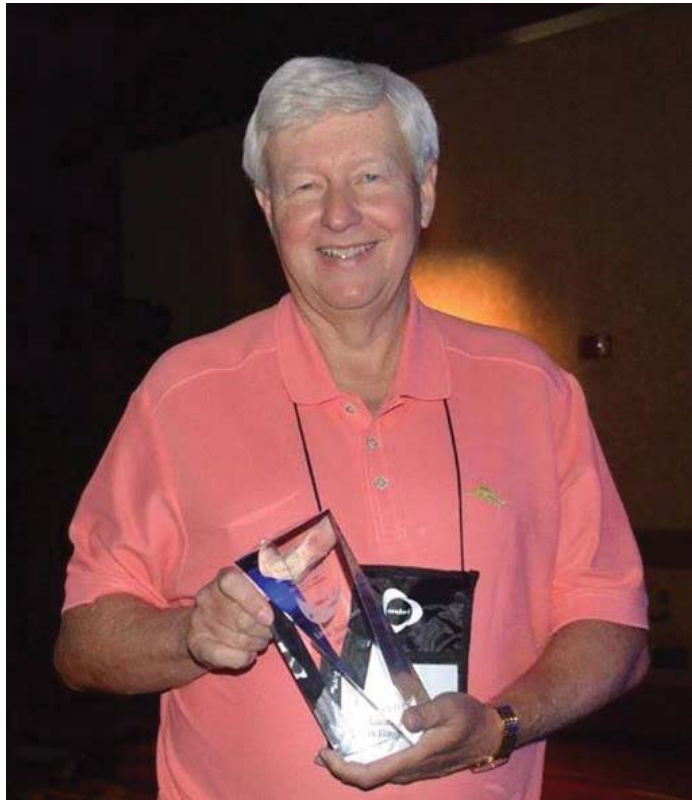
#### **Shelbie Kearfott**

*William Smith Award*

#### **Carly Schroeder**

*Outstanding Student of the  
Year*

## **Hencken receives Parthenon Award**



*EIU President Emeritus Dr. Lou Hencken was honored with the Parthenon Award, which he won at the conference for his dedication to university housing and his willingness to mentor those in the university housing profession.*

Eastern Illinois University President Emeritus Dr. Lou Hencken received an honor on June 29 that was 50 years in the making.

On June 29, Hencken thought he was simply attending a conference in Washington, D.C. for The Association of College and University Housing Officers – International to chat with old friends and colleagues, but the real reason for his attendance was a surprise even to Hencken.

“It was a shock,” Hencken said. “They started describing this person that sounded like me...I was slow to catch on. It was a surprise and a great honor.”

Mark Hudson, Director of Housing and Dining Services at Eastern and Jody Stone, Associate Director of Residential Life and Conference Services at Eastern, nominated Hencken for the 2014 Parthenon Award, which he won at the conference for his dedication to university housing and his

*Continued on page 9*

willingness to mentor those in the university housing profession.

“To work with Lou is to know the true meaning of the word professional,” Hudson wrote in his nomination letter. “He is hard working, unassuming, dedicated, motivated and motivational. He is the truest form of a servant leader. Not seeking the limelight but making sure those around him get every opportunity to grow and prosper in our profession.”

Hencken has held many titles at the university, such as Director of University Housing and Dining Services from 1975 to 1989 and university president from 2001 to 2008. He earned his BS in Education and his MS in Counseling and Student Affairs from Eastern. 2014 marks Hencken’s 50th year at Eastern.

“I really enjoyed my time in housing and to be recognized by my peers is really special,” Hencken said. “This award meant everything to me.”



*Pictured is Dr. Hencken.*

## *Hencken receives Parthenon Award*



September 30, 2013

Dear Selection Committee:

It is with pride and appreciation that I write this letter of support for Louis V. Hencken, who is being nominated for the ACUHO-I Parthenon Award. I had the good fortune to meet Lou early in my undergraduate years at Eastern Illinois University in the mid 70's. I was a sophomore, newly elected Hall President and Residence Hall Association representative attending my first RHA meeting. The first person to reach out and greet me was the Director of Housing and RHA Advisor – Lou Hencken. He introduced me to the world of University Housing by extending himself and showing care and concern for me. He made sure I connected with opportunities that led to my career in this profession. This is a story that literally thousands of current and past EIU students and staff could tell.

*Displayed above is part of the nomination letter Mark Hudson, Director of University Housing and Dining Services at EIU, wrote in favor of Dr. Hencken.*



*Dr. Hencken is pictured with Patricia Martinez, the president of the Association of College and University Housing Officers – International, after he won the Parthenon Award on June 29 at a conference in Washington, D.C.*

# Md-Yunus earns Distinguished Academic Support Award



*Pictured (from left to right) Dean Diane Jackman of the College of Education and Professional Studies, Dr. Sham'Ah Md-Yunus, Associate Professor in the Department of Early Childhood, Elementary, and Middle Level Education, Geena Anselmo, a Special Education major at EIU, and Dr. Linda Reven, Assistant Department Chair/Graduate Coordinator for the Department of Early Childhood, Elementary, and Middle Level Education.*

Dr. Sham'Ah Md-Yunus, Associate Professor in the Department of Early Childhood, Elementary, and Middle Level Education at Eastern Illinois University, was the recipient of the Distinguished Academic Support Award for Spring 2014 by Eastern's Student Government.

Md-Yunus was chosen for the award because she exceeded

requirements to help students advance academically and instilled a passion for learning, according to Kathryn English, former Student Vice President for Academic Affairs at Eastern.

Geena Anselmo, a Special Education major with a dual certification in Early Childhood Education, nominated Md-Yunus

for the award and said she did so because of the impact Md-Yunus had on her undergraduate research.

"Reflecting back on my experiences, I know in years to come when I remember my educational career at Eastern, I will immediately remember researching with Dr. Yunus,"

*Continued on page 11*



Anselmo said in her nomination letter. "She is the reason I am confident Eastern was the best choice for me and has given me opportunities that have shaped me into the person and future teacher I am today. I hope to someday have a significant impact on my students as Dr. Yunus has had on me. I will be forever grateful to have had such an inspiring professor, mentor, and friend."

For six years, Md-Yunus has volunteered to help students with their undergraduate research and it's a task she says she takes pride in as a part of the university's integrated learning.

"It gives students experience outside of the classroom and builds professionalism among students," Md-Yunus said. "It's an opportunity for students to build their skills to be a researcher and to build their communication skills."

Md-Yunus, who has been teaching at Eastern for 10 years, was honored for her achievement during an awards banquet on April 22 and said she feels that the award is not just a reflection of her as a professor, but a reflection of the department in general.

"I was shocked and excited to know I was nominated for this award for my work with undergraduate research because I have been doing this for six years," Md-Yunus said. "This is an honor for our college, not just for me. We won in academic support, which is so critical in our college."

### *Md-Yunus earns Distinguished Academic Support Award*



*Pictured from left to right: Dr. Sham'Ah Md-Yunus, Associate Professor in the Department of Early Childhood, Elementary, and Middle Level Education at EIU, with Geena Anselmo, a Special Education major at EIU, who nominated Md-Yunus.*

*"Reflecting back on my experiences, I know in years to come when I remember my educational career at Eastern, I will immediately remember researching with Dr. Yunus,"*

*- Geena Anselmo*

# Class Notes

## 1980s

**Ray Wallace '81** BS in Physical Education, was named the new chancellor at Indiana University Southeast, New Albany, IN. Previously, Wallace was provost and senior vice chancellor at University of Arkansas-Fort Smith, Fort Smith, AR; dean of the College of Arts and Sciences at Clayton State University, Morrow, GA; and dean of the College of Arts and Sciences at Troy State University, Montgomery, AL.



## 1990s



**Shawn Judd '94** BS in Health Studies, was named the new Pharmacy Automation Specialist for the Western Region of the United States for RxMedic Systems, Inc., Wake Forest, NC. Judd has been employed in the pharmacy automation field for four years and prior to that he worked in the pharmaceutical distribution industry for almost 10 years.

**Craig Kruse '95** MS in Physical Education, competed in the USA Track and Field Masters shot put and won in the 40-44 age group. Kruse is a physical therapist for Midwest Physical Therapy Center, Clarendon Hills, IL.

## 1990s continued

**Kim Sanders Bryant '98** BS in Physical Education, '09 MS in Physical Education, is the new Field Business Director for the Midwest Region of the United States for GlaxoSmithKline Pharmaceuticals, Indianapolis, IN. Sanders Bryant has worked for GlaxoSmithKline Pharmaceuticals since 2002 and has held many positions within the company.



## 2000s



**Curtiss Tolefree '01** BS in Physical Education, is the new Principal at Washington Middle School, Kenosha, WI. Before moving into his role as principal, Tolefree was a special education teacher at McKinley Middle School, Racine, WI, and moved up the ranks to assistant principal at Bradford High School, Kenosha, WI.

**Valerie Riley '05** BSEd in Special Education, '07' MEd in Special Education, accepted a job at Mundelein High School, Mundelein, IL, as a special education teacher. Before working at the high school, Riley was a special education teacher at Field Middle School, Northbrook, IL.





# Class Notes

## 2000s continued

### **Alison Stephans Finn**

'07 BSEd in Health Studies, is employed as the new Physical Education Department chair at Mundelein High School, Mundelein, IL. Previously, Stephans Finn worked as a teacher and assistant athletic director at Lake Park High School, Roselle, IL.



### **Danessa Carter '12**

MS in Counseling, accepted a job at Eastern Illinois University as an adjunct professor for the Department of Counseling and Student Development, where she teaches a course called Professional Orientation. In addition, Carter works as an addictions counselor at Central East Alcoholism and Drug Council, Charleston, IL.



### **Sarah Selby '07**

BSEd in Elementary Education, MEd in Educational Administration, is engaged to Zach Nichols, after dating for six years. Selby is a first grade teacher at McGaughey Grade School, Mt. Zion, IL. The couple is set to wed on Oct. 18.



### **Carl Spath '13**

MEd in Educational Administration, is the new principal at Rushville-Industry High School in Rushville, IL. Previously, Spath was a teacher and coach in the Warrensburg-Latham Community School District, Warrensburg, IL.



## Got News?

Are you or someone you know an Alumni of the College of Education and Professional Studies? Is there information you would like to share?

Email us at [cepsnews@eiu.edu](mailto:cepsnews@eiu.edu)

We want to know what's going on in your professional lives!